

Some Pertinent Information

Location

This year's conference will be held at **Beaverdale House, 605640 Sideroad 13A - RR2, Markdale** approximately 2 ¹/₄ hours drive northwest of Toronto (see map on reverse). The residence entrance is on the left (south) side of Sideroad 13A. We advise that you use **Google maps** for specific directions.

For out-of-towners, we recommend arriving Friday, August 4th, as the conference starts early Saturday morning. If arriving at night in the dark, look for the green and white fire sign #605640 at the entrance to the driveway.

Meals

Lunch and dinner will be served at the conference site as per price list, or you may bring your own.

Camping and Accommodations:

If you are camping at the conference site we suggest you bring lawn chairs, cooler, extra beverages, lanterns, tents, and food for breakfast.

Weather:

Usually warm to hot days and cool nights. Dress is casual. There are swimming facilities nearby, so bring bathing attire.

ICR Membership

To become a voting member of ICR include \$25.00 with your conference registration and meals fee.

Accommodations Available in the Area:

*Note: Due to other events within the local area we **strongly** suggest you book your accommodations right away. If you should have difficulty please let us know.*

Jasper Stuart House

Kimberley: (519) 599-1166
(20 Minutes)

Knight's Inn

Flesherton: (519) 924-3300
(20 minutes)

Eugenia Falling Waters

Flesherton - RR4: (519) 924-3446
(20 minutes)
email go to www.bbcanada.com

Danby's B&B

Markdale: (519) 900-0399
e-mail go to www.bbcanada.com
(20 minutes)

Rabbit Run Guest House

Flesherton: (226) 668-6005 (20 minutes)
e-mail go to www.bbcanada.com

Rivervalley B&B

Kimberley: (519) 924-0863
(15 minutes)

For these and other B & B's contact:

www.bbcanada.com Click on Ontario, then Bruce Peninsula Southern Georgian Bay and Lake Simcoe then down to the towns nearby us:
Durham, Kimberley, Markdale, Flesherton.

The Internet may also be used to locate motels in these areas.

Institute for Consciousness Research

Invites you to their

32nd Annual Spiritual Conference & Retreat

at

**Beaverdale House
RR#2 Markdale, Ontario
August 5th - August 6th, 2017**

Kundalini: The Process, The Gifts

In spite of all the marvels of modern technology to its credit, the rationalist view of the cosmos is the very antithesis of the actual position. It is not matter but consciousness which is the ultimate reality of the Universe. This is the basic tenet of the Vedanta and Shaiva philosophies. This is also the basic datum of observation in samadhi. The world we see is the creation of the senses and the mind. We can never succeed in detecting this illusion unless the instrument of perception, i.e. consciousness, undergoes a change. This is what Yoga is designed to achieve. Change in consciousness necessarily implies a change in the basic structure of the brain. This cannot be achieved by any means whatsoever save by the arousal and metabolic activity of Kundalini.

—Gopi Krishna

For further information:

1-519-986-1857 (until 9:30 pm EDT)

Website: www.icrcanada.org

email: icr@icrcanada.org

SATURDAY August 5th 2017

Breakfast not available. Please plan accordingly

Morning Session: The Kundalini Process

Chairperson: Myrna Filman

- 9:00-9:45 *Welcome/Announcements/
Meditation
- 9:45-11:00 ***Kundalini Process: Beyond Its
Possible Benefits and Limits**
Joan Shivarpita Harrigan
- 11:00-11:15 BREAK
- 11:15-12:30 * **Words Sweeter than Honey**
Teri Degler
- 12:30-1:45 **LUNCH/RECREATION**
(Served at Beaverdale)
- 1:45-2:30 ***ICR—Annual General Meeting**

Afternoon Session: The Gifts

Chairperson: Sabine Bruestle

- 2:30-3:45 ***Gifts of Kundalini in a
Filmmakers Life**
Nitin Adsul
- 3:45- 4:15 **Tai Chi** with Gwen Goodwin
- 4:15-4:30 BREAK
- 4:30-5:30 ***The Life and Thought of
David R. Hawkins**
Patrick Hayne
- 5:30-6:15 **DINNER** at Beaverdale
- 7:00 *Casual Sharing at the Pond's
Residence

SUNDAY August 6th 2017

Breakfast not available. Please plan accordingly

Morning Session: The Kundalini Process

Chairperson: Teri Degler

- 9:00-9:15 *Welcome/Announcements
- 9:15-10:00 **Yoga** with Helga Schroeder
- 10:00-11:15 ***The Secret Science of
Enlightenment**
Myles Tufts
- 11:15-11:30 BREAK
- 11:30-12:45 ***Kundalini and the Gift of
Loving Consciousness**
Grettal Fryszberg
- 12:15-2:00 **LUNCH/RECREATION**
(Served at Beaverdale)

Afternoon Session: The Gifts

Chairperson : Alf Walker

- 2:00-3:30 * **Workshop: Kundalini Vidya**
Joan Shivarpita Harrigan
- 3:30-3:45 BREAK
- 3:45-5:00 ***Arousing the Serpent Power
Through Yogic Practices**
Julian Lobo
- 5:00-5:30 ***Conference Closing**
Vitold Kreutzer
- 5:30 **DINNER** at Beaverdale

Conference Registration

The conference fee is \$40 each per day or \$65 each for the weekend. The cost of our vegetarian meals per day is extra as follows:

Lunch \$21.50 Dinner \$24.75

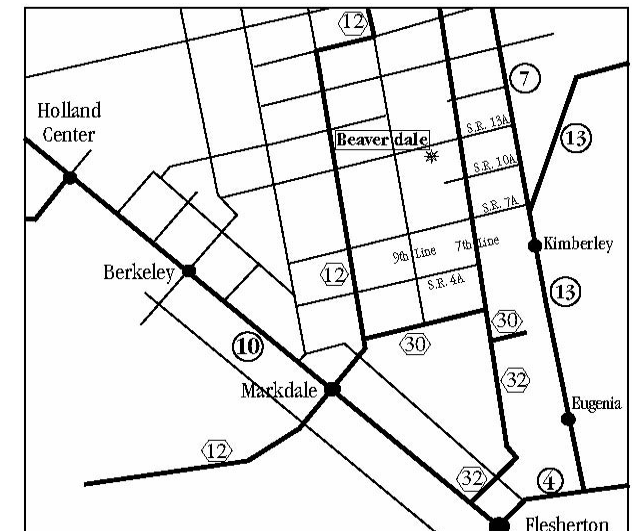
Note: In order to guarantee availability your meals must be paid by July 28th, 2017. Since space at the conference is limited, we strongly suggest that you register early. Unfortunately we cannot guarantee walk-ins session space and/or meal availability.

If you are planning to attend please circle meals and mail your cheque payable to ICR at 165 Valley Cres.-RR#4, Markdale, ON, Canada N0C 1H0, or **register and pay online** by July 28, 2017 at www.icrcanada.org/store and click on Events Registration.

Saturday: L D Sunday: L D

Persons _____

CONFERENCE LOCATION



ICR's 32nd ANNUAL CONFERENCE and RETREAT

The Process, the Gifts

For this year's 32nd Annual ICR Conference and Retreat we are all very excited about the wonderful response from presenters in Canada, the U.S. and as far away as South Africa. They will be coming from near and far to share their well researched points of view and their personal experiences of Kundalini. Through this sharing process it is our sincere intention to welcome our spiritual life as the "TRUE GIFT". By sharing spiritual stories and with the culmination of true understanding, we can learn how to positively co-create our life with the Source. Through this we will come to know that Kundalini is the blessing that unfolds in our "Self-Realization".

This year our program includes:

Kundalini Process: Beyond Its Possible Benefits and Limits Beyond the possible benefits and pitfalls of Kundalini process lies its true purpose – Enlightenment. Kundalini Shakti is the indwelling Holy Spirit, the Divine within who guides us to the Goal. When we cooperate with her She draws us not only to become more evolved versions of ourselves, but to attain spiritual authenticity and ultimately Liberation – becoming one with the One. When we avoid getting caught up in either the troubles or the glories of Kundalini process, we discover that Kundalini Shakti can indeed yield beautiful spiritual gifts – intelligence, creativity, insight, inspiration, and Revelation – in every field of human endeavor. These precious gifts inspire us to display our finest qualities as human beings. They form the very scaffold of culture, forge the generative trajectory of evolution, and generate the ideas and values that guide us to Liberation. But we must remember that Kundalini Shakti is not only the gift giver, she is, in fact, the saint maker. Joan's talk will deal with these ideas in depth. Her Sunday workshop will be an exploration and open discussion of how the ancient science of Kundalini Vidya describes the different categories of gifts and what their various catalysts might be. **Bri. Joan Shivarpita Harrigan, PhD** Shiva has practiced, studied, and taught Raja yoga and Advaita Vedanta for over thirty years. In 1987, she was initiated as a brahmacharini in the Shankaracharya tradition. She was personally tutored in Traditional Kundalini Science by Swami Chandrasekharanand Saraswati, who chose her to represent the lineage of Kundalini Vidya and provide services in North America and the United Kingdom. Director of PKYC-USA, she is the author of *Kundalini Vidya: The Science of Spiritual Transformation* (2006) and *Stories of Spiritual Transformation: The Fulfillment of Kundalini Process* (2017). For twenty years, she has sponsored Swamiji's work in America as his disciple and authorized representative.

Words Sweeter than Honey *Saundarya Lahari*, a sacred text by the beloved Hindu saint Adi Shankara, tells us that the true gift of the awakening of kundalini-shakti is the realization of Oneness with the divine. But in three of the forty-one "revealed" verses, Shakti is seen as the "granter of literary and artistic skills", and the three verses themselves are believed to have the "Tantric potency of conferring poetic skill". In this interactive workshop, we'll delve into this profound Tantric concept and then take a more light-hearted look at it, doing some of the accompanying chants and yantras (simply drawings) to see what we can do to improve our poetic and artistic potency in an hour! Award-winning author **Teri Degler**, has ten books to her credit including *The Fiery Muse: Creativity and the Spiritual Quest* (Random House, Canada). Her most recent book, *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self* (Dreamriver Press, USA) has been an Amazon.ca #1 Bestseller in two spiritual categories. A widely experienced public speaker, she has taught workshops on creativity and creative writing in the United States and Canada. *The Divine Feminine Fire* is also available in German from Aquamarin Verlag.

Gifts of Kundalini in a Filmmaker's Life Have you noticed references of 'Life Force Energy' in Hollywood blockbuster movies like 'Avatar', 'Star Wars', and many more? Do you feel that these award-winning filmmakers and actors have a deep understanding of spirituality? Most of them have gone through a troubled/challenging life before coming to the lime light. Are they Kundalini active? Consciously or unconsciously? During this speech, **Nitin** will provide real events in his life as he transitioned from a nine to five computer job to a filmmaker. How Kundalini re-shaped his life choices, and how his personality was influenced to find the real meaning and to live it literally. The real gift from Kundalini, was the realization that his own life is itself a movie in which he is the central character. The real question for him is – Am I playing the Hero's character truthfully and honestly as it has been written for? **Nitin S Adsul** is an award-winning filmmaker, personal life coach, kundalini and meditation guide. In 2016 Nitin cofounded Life Force Academy (LFA) along with Timothy Gasser from the U.K. LFA's mission is to provide a mainstream platform to bring enlightened education to the masses.

Tai Chi with Gwendolin “Gwen” Goodwin. Gwen’s spiritual journey didn't consciously start until relatively late in her life. Strong events pushed her onto the path she is on now and probably will be for the rest of her life. During those difficult times the practice of Tai Chi was one of the ways she kept grounded and healthy. For about 40 years now this ancient art is still part of Gwen’s life and a joy to do indoors or outside in Nature.

The Life and Thought of David R. Hawkins Persons who are experiencing the process and the gifts of kundalini not only stand poised to serve humankind, but can teach us that the kundalini hypothesis is worthy of diligent examination. Contemporary mystics are particularly relevant in that what they experience and relate about their world, is not obscured in ancient language nor cultural mysteries. Dr. David R. Hawkins MD, PhD 1927 -2012 was, and is such a modern day mystic. Dr Hawkins abandoned his prosperity and practice near the age of 40 to pay more time and attention to what was happening in his consciousness. He believed that he needed to refine himself to prepare to teach what he was experiencing and learning. His inner changes demanded that he change his lifestyle, and to look after himself. **Patrick Hayne** attended the NEW CHURCH; a protestant denomination based on the thought of Emmanuel Swedenborg as a youth and through his teen years. He left that behind for the study of Biology in the 1970’s. After his studies he learned of kundalini and higher consciousness in the books of Gopi Krishna and Richard Bucke. This was the start of a personal conversion. The science of life as expressed by Darwin seemed shallow, and held few answers, but the thought of Gopi Krishna, Bucke and Swedenborg harmonized, and their chorus was the evolution of consciousness. That hopeful destiny for humankind has been a part of Patrick’s paradigm for over 40 years.

Yoga with Helga Schroeder People tend to think that in order to practice yoga , they need to look like a model in a yoga journal. Well few of us ever will - instead Helga would like to offer you a different approach. A meditation designed to give you the maximum gain in self-awareness and to help you get to know yourself at a very deep level. For this reason, it may not seem as physically demanding as some other types of yoga and meditation. The focus is largely on what is happening moment to moment in your total experience - awareness from a mind -body perspective. For the past 30 years, **Helga**, owner of Beyond Limits yoga studio, has been studying and practicing various different traditions of yoga and meditation. Her time spent in India helped to anchor her love for the spiritual quest. She guides accessible and gentle yoga, using a self-empowering, mindful approach. Her intention is to create a supportive environment that inspires students to deepen their own practice. Uniquely expressive and lighthearted, Helga brings clarity, wisdom and humour to her workshops; offered both here and abroad. Her training in various health modalities is reflected in her teachings

The Secret Science of Enlightenment Hidden in the ancient texts of antiquity, lies a secret system of awakening, given only to initiates who were ready for it. From the Jewish tradition of Kabbalah, to the Hindu system of yoga, to the Taoist ‘backward-flowing method’, this knowledge has taken many forms over the centuries, yet only now is the public beginning to understand the profundity of these sacred practices. In this presentation, **Myles** will take the audience on a journey around the world, examining the great mystics of past and present while revealing both their experiences of enlightenment, along with their teachings on how to achieve it. From America’s Edgar Cayce and Paul Solomon, to Denmark’s Martinus, to Thailand’s Mantak Chia, to India’s Paramahansa Yogananda and Gopi Krishna, we will see firsthand that ‘truth is one’; that these masters are validating the kundalini experience by using very similar language and symbols. This presentation will discuss, in-depth, both the process of kundalini, along with the psychic and practical gifts it bestows on those who attain it. **Myles Tufts** has been researching metaphysical and occult knowledge for over ten years. He has apprenticed under Douglas Cottrell, 'Canada's Edgar Cayce', spent time at various spiritual/intentional communities, and lectured in both the US and Canada. He holds a BA in Psychology, and was recently ordained as an interfaith minister at the Fellowship of the Inner Light, in Virginia Beach.

Kundalini and the Gift of Loving Consciousness How do we know when we are truly engaging our heart in all that we do, feel and think? Highly intelligent beings have often led themselves or others into destructive directions, while others are considered saints and beloved leaders. With the kundalini awakening a film of division is broken and for those who have opened to energy, information comes pouring in, in diverse ways. But without being tempered with compassion and a desire to bring change for the better, the mind becomes a mere vessel of more information about the cosmos. An essential purpose of the Cosmic evolutionary energy is to cultivate heart consciousness - to renew what was originally there – a distinct relationship between our hearts and minds. In this presentation, Grettal will share how she discovered the head-heart connection as an integral part of spiritual and kundalini energies in her research with Body Mapping and channeled guidance. As a Holistic Health Practitioner, she found the use of Heart Consciousness a beautiful stabilizer or anchor in many of her clients who were experiencing debilitating physical and emotional effects of working with energy. Grettal has also used Heart Consciousness as a way of reducing symptoms in auto-immune diseases. She found that we can actually share peace and heart consciousness with our cells to stop our immune cells from attacking our own tissues. **Grettal Fryszberg** has her own practice at the Activating Health Centre in Richmond Hill. She created her own form of visual and energetic techniques

through Body Mapping in which she channeled the process of integrating Universal Energy along spinal points and meridians. She has helped many people get rid of chronic pain and debilitating illnesses through her hands-on process she calls the PHD of Healing: Presence, Harmony and Direction. Grettal began her career as a Holistic Health Professional after many years as a teacher in elementary and secondary schools. She has also studied Craniosacral Therapy with The Upledger Institute and is a Certified Homeopathic Practitioner. Her time is divided between helping her clients regain their health, teaching her Body Map Journey workshops to groups, and mentoring healers in her system called, Spine To The Divine. www.spinetothevine.com

Arousing the Serpent Power Through Yogic Practices This presentation will be about Julian's personal investigations and experiences with Kundalini through the practice of yoga. He will share some of the practices and techniques he has used as a novice/beginner to activate, bring awareness to, and now begin to manipulate and move the subtle energy of Kundalini, or Prana Shakti. He will also share some specific phenomena that he has experienced through thus far, and make connections to other texts and authors to consolidate everything. The process is born of spiritual intent, and its gifts support and propel the journey of self-discovery and connection to the deep reality. Around the age of 19 **Julian Lobo** developed an interest in philosophy, spirituality, and began cultivating self-awareness. It wasn't until ten years later in 2010 that he discovered the brilliance and potential of yoga, which he has been practicing with dedication ever since. By day he works with children as a school teacher in his hometown of Toronto, Ontario.

For more information or to **register** online go to www.icrcanada.org/store and click Events Registration or mail payment to ICR c/o Pond, 165 Valley Cres.- RR4 , Markdale, ON N0C 1H0.